

Sunburst

Vol. 47 No. 29

Serving the Holloman Air Force Base community

Friday, July 23, 2004



Briefly



Vote

It's an election year and Team Holloman is reminded to vote. For more information about voting procedures, contact the base voting officer, Capt. Paul Durkes at 572-7217.

Running track

The running track across from the Fitness and Sports Center is closed during construction. Team Holloman can take advantage of the indoor track at the gym or other running paths.

Alamo Earthworks and Paving is resurfacing the track. The new track will have a shock absorbing surface made from ground up tires. The construction is estimated to be complete on Sept. 2.

Blue card

All non-active duty patients are required to have a Third Party Collections-Record of Other Health Insurance completed and filed in their medical records. Third Party Collections office will mail the patient a blue Insurance Verification Card within 10 days. Each child must also fill out the form, and it must be signed by a parent.

For more information about blue cards, contact the Third Party Collections office here at 572-1916.

12th AF commander visits HAFB

by Airman 1st Class
Stephen Collier
49th Fighter Wing Public Affairs

The 12th Air Force commander reviewed Holloman's mission and its people Tuesday during his first formal visit that encompassed a two-day tour of the fitness center, the control tower simulator and the 49th Medical Group.

While visiting 12th AF installations this week, Lt. Gen. Randall "Mark" Schmidt noted how important it is that our family members have support while Team Holloman members are deployed to the Republic of Korea and elsewhere.

"The 12th Air Force is in support of units all the time," General Schmidt said. "Our deployed members are organized, trained, equipped and ready to deploy at a moment's notice. We make sure our Airmen can deploy to do their job, fight, win and come home.

"This gives them the confidence they need to do the jobs we ask of them," he said. "Airmen stand the best chance of being successful if we train them properly with the right equipment."

The 12th AF commander added the Air Force made changes to the current Air Expeditionary Force deployment length of 90 days to 120 days for several reasons.

"For the families back home, we are trying to make deployments more predictable," he said. "With 120-day deployments, we can manage our force easier so we don't burn people out."

Depending on the career field, the time members are away can



Photo by Airman 1st Class Erik Somppi

Lt. Gen. Randall "Mark" Schmidt, 12th Air Force commander, visited Holloman Tuesday and Wednesday.

vary. Leaders are working hard to be more predictable with the AEFs which means families will know for sure when they will be reunited once more, General Schmidt said.

After reviewing the 49th Fighter Wing's F-117A fleet, General Schmidt noted that the Air Force's newest, state-of-the-art stealth fighter, the F/A-22, will compliment the Nighthawk's mission by being

an integrated airframe in a new battlefield environment.

"The effect we need to have on the battlefield of the future is different from the wars of the past," he said. "The war we're fighting today is an enemy that is stateless, embraces terrorism and is on the run. We are fight-

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High: 88
Low: 66

TODAY



High: 90
Low: 68

SATURDAY



High: 93
Low: 69

SUNDAY



High: 95
Low: 72

MONDAY

Weather forecast provided by the 49th Operations Support Squadron Weather Flight

Voting is not just a right, it's a duty

by Chief Master Sgt. Manny Sarmina
Air Force Surgeon General Office

On Sept. 18, 1787, the final day of the constitutional convention, Benjamin Franklin emerged from Independence Hall in Philadelphia into a crowd of curious spectators. The people were eagerly waiting for news of what form of government he and his fellow delegates had created for the young nation.

A woman stepped forward and asked Mr. Franklin, "Well, doctor, what have we got, a republic or a monarchy?"

Without hesitation, Mr. Franklin replied, "A republic, if you can keep it."

His prophetic reply is just as true today as it was more than 200 years ago.

"We the people" have a sacred obligation to safeguard "for ourselves and our posterity" the blessings of liberty our forefathers fought so hard to achieve. And the most fundamental obligation is the responsibility of every eligible citizen to vote.

This November, many Americans will take part in the democratic process by going to the polls to exercise their right to vote.

Sadly, many more will not. In fact, if this year's election turnout follows historical trends, more than half of the voting-age population will not bother to vote.

At stake this fall are the offices of the president and vice president of the United States, one-third of the seats in the U.S. Senate, the entire House of Representatives, 13 state governorships, and a host of other state and local offices, initiatives and issues.

Judging by voting statistics, "we the people" take our right to vote for granted. But the idea that the people should choose their leaders was once very radical in a world ruled by monarchies and oligarchies.

Enlightened philosophers like John Locke and Thomas Jefferson, however, argued that self-government is a natural right of every person, and that governments derive their powers from the consent of the governed.

Our fundamental belief in the right of self-government, so eloquently expressed in the Declaration of Independence, and achieved by the blood of patriots in the American Revolution and on every battlefield since, is the cornerstone of our American political system.

The U.S. Constitution provides the framework through which our political system works, and guaran-

tees each state a "republican form of government," a republic being a political system in which power resides in citizens who are entitled to vote for representatives responsible to them.

Elections, therefore, are a crucial component of our representative democracy.

The right of all citizens to vote, however, did not come automatically, but evolved gradually — often painfully — over the course of two centuries.

For example, it is interesting that the person who asked Mr. Franklin what form of government the new nation would have was a woman, because the right to vote did not extend to her.

In fact, during the colonial period and early years of our nation, voting was generally restricted to white men who owned property. Other people such as women, blacks, American Indians and even members of certain religious groups could not vote.

The framers of the Constitution could not agree on who should be given the right to vote, so they deferred to the states. The Constitution, therefore, left to each state government the power to decide who could vote. Many of the early battles over the right to vote took place at the state level.

Overall, the struggle to achieve universal suffrage for all Americans was a long, often painful one, attained only by the heroic efforts of many Americans who understood the importance of free elections in a representative democracy.

Today, the right to vote is so universally accepted as our most fundamentally basic of rights that we have forgotten the sacrifices it took to win that right. The struggle for universal suffrage reminds us that those things worth fighting for are also worth remembering, and, more importantly, exercising.

The right to vote is a symbol of our equality and the true source of our liberty. We should never forget what it took to win the right to vote and how important it is to the workings of a free and democratic society.

By voting, you are not only ensuring your voice is heard, you are paying homage to those brave Americans who struggled to win that right for all Americans.

Amid the celebrations for our nation's 228th birthday, let us renew our commitment and pride in our sacred liberties, our governmental institutions and our vibrant political system.

Apathy is never an excuse not to vote. Your vote counts, so make sure it is there to be counted.

Holloman Hotline 572-7500

The Hotline is your direct link to the 49th Fighter Wing commander. If you've tried to solve the problem yourself and haven't been able to get results, call 572-7500 or e-mail cc.hotline@holloman.af.mil. Before submitting a Hotline, please give the appropriate agencies a chance to work out the problem.

If you want to pass on praise for a job well done, contact the supervisor or commander directly who can provide the appropriate recognition to the individual or group. The unit commanders and agency chiefs want to help. Let them try first.

Housing office	2-3981
Housing maintenance	2-7901
Medical clinic	2-5991
Finance	2-5107
Services	2-3528
Commissary	2-5127
Fraud, waste and abuse	2-3713
BX	479-6164

DUI Update

Days since last DUI	5
DUIs this year	26
This week last year	16

Last six DUIs

• 746 TS	July 18
• 49 AMXS	July 2
• 49 SVS	June 23
• 49 OSS	June 11
• 49 LRS	May 16
• 49 MDG	May 16

* Dependent

572-RIDE works!

Calls made are lives saved

612 Saves this year
17 Saves this week



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Chaplain new to Air Force, not to service

by Ms. Laura Pellegrino
Sunburst staff writer

In the 1980s he was in the Marine Corps and stationed at Camp Pendleton, Calif. In the '90s he was a deputy sheriff in Greenville, N.C. Today, he is a Chaplain in the U.S. Air Force, stationed at Holloman.

Chaplain (1st Lt.) Paul Joyner began his career with the Air Force in June. However, his career with the armed forces and public service began after he graduated from high school in 1981.

Chaplain Joyner spent six years in the Marine Corp. After separating, he was part of the Army National Guard for one year and the Air Force Reserve and a police officer for eight years.

Because of these experiences, the chaplain is ready for his service in the Air Force, he said.

“I’ve spent most of my life employed in a uniform in one capacity or another.”

Chaplain (1st Lt.) Paul Joyner

“The Marines put the military life in me pretty deep and it just never got out,” he said. “I’ve spent most of my life employed in a uniform in one capacity or another. I understand the military structure, I understand the customs and courtesies, and I understand that being the low guy in the totem pole sometimes means you have a tough job.”

During his time in the Air Force reserves, Chaplain Joyner got involved in prison



Photo by Ms. Laura Pellegrino

Chaplain (1st Lt.) Paul Joyner began work at Holloman in June. Chaplain Joyner is a former Marine, deputy sheriff, Air Force Reservist and Army National Guardsman. He will preach his first service Sept. 1.

ministry, he said.

“We would go into maximum security prisons as volunteers and talk to people about Jesus,” he said. “It was a great experience for me. I remember just saying a short prayer; ‘Lord, I’d like to be a part of something like this all the time.’ Within three months I was in seminary.”

During his time at seminary, 1999 to 2002, Chaplain Joyner was mentored by the dean of his school; a 15-year Army Chaplain.

“I applied to the Army but wasn’t selected,” Chaplain Joyner said. “He just kept encouraging me to try other services.”

While he applied for other services, the Chaplain served in a rescue mission and worked temporarily in men’s shelter for drug and alcohol addicts.

Now that he’s stationed at

Holloman, Chaplain Joyner said he wants to help the Airmen here.

“With the particular background that I have, I’ve been in their shoes so to speak,” he said. “Whether it’s being separated from family or even having the attraction of the party life – I’ve been down those roads.”

Chaplain Joyner also understands marriage, divorce and the difficulties of being a single parent, having experienced all three.

The Chaplain’s main goal is to bring hope to those who need it, he said.

“This is a hopeless world,” he said. “We’ve got people flying planes into buildings. You can live in a very hopeless state of mind, but that’s not who we’re to be. God calls us all in some form or another, and without hope, you’re not going to make it.”

Uniform board releases results

by Staff Sgt. Melanie Streeter
Air Force Print News

Air Force officials recently released the results of the 96th Air Force Uniform Board held June 18 and 19.

The chief of staff approved a number of changes, affecting everything from cell phones to scarves. Among the changes are:

- Establish a standardized Air Force physical training uniform.
- Redesign the female lightweight blue jacket.
- Authorize the lightweight blue jacket to be worn indoors.
- Authorize, as an option, to have the Air Force symbol embroidered on the lightweight blue jacket.
- Offer the A-line skirt as an optional item.
- Redesign and revise maternity uniforms.
- Authorize the black scarf only with all Air Force uniforms, eliminating white, gray and olive drab options.
- Authorize conservative ornamentation on nonprescription sunglasses and eyeglasses.
- Authorize one small, black, nondescript personal digital assistant, pager or cellular phone at a time to be worn on the uniform belt.
- Allow females to wear small, black spherical earrings

when in uniform.

- Allow black web belts or black riggers belts with nondescript buckles as an optional item with the battle dress uniform.

- Remove the requirement to wear a tie or tab with short-sleeved shirt or blouse while traveling on a commercial airline.

- Authorize wear of a backpack over both shoulders.

- Authorize only a solid-color black backpack with blue uniform combinations and solid black, olive drab or woodland camouflage backpack with battle dress uniforms.

- Redesign the security forces beret.

- Allow the wear of plain black conservative hairpins, combs, headbands, elastic bands and barrettes with all female hair colors.

- Allow males to cleanly shave their heads or have military high-and-tight haircuts; females are not authorized to shave their heads or wear high-and-tight haircuts.

More information about these and other uniform board decisions will be included in the next update of Air Force Instruction 36-2903, being released this summer.

For more information contact the Military Personnel Flight at 572-7277.

Retro reimbursement is available for R&R leave

Servicemembers who traveled on rest and recuperation leave while deployed supporting operations Enduring Freedom or Iraqi Freedom between Sept. 25 and Dec. 18, may be eligible for reimbursements.

Reimbursement for airline costs is retroactive for those people who paid for commercial airline tickets from the port they

flew into from overseas, such as Baltimore-Washington International Airport, to their final leave destination.

According to records, about 40,000 servicemembers traveled during the period.

For more information, log on to <http://www.armyg1.army.mil/WellBeing/RRLeave/index.HTM> (AFPN)

Safety strikes in New Mexico

by Tech. Sgt. Emili Sadler
49th OSS Weather Flight

Did you know that New Mexico was ranked as the number one state for lightning deaths per million people? Do you know that lightning can strike 10 miles away from a storm, or that lightning may still be in the area even though the skies have cleared?

You may know the statistics, or maybe you do know the dangers associated with lightning, but do you practice lightning safety?

Monsoon season has arrived here in New Mexico and your education about the dangers of lightning and what precautions to take are vital for you and your family's safety.

If you are new to the area, or if you have not paid much attention to the weather, you may be asking "What is monsoon season?"

A monsoon can be defined as a wind system that changes directions according to the season.

In New Mexico, we start to get winds from the south-south east which brings in moisture during the hottest months of the year. Heat and moisture are a great combination to help form thunderstorms.

Thunderstorms can begin as the surface of the earth heats throughout the day and the air

around it begins to rise. As that air rises, if there is moisture in the air, the moisture will lift and clouds will begin to increase in height as long as the heat below it continues to rise.

Eventually, the cloud becomes latent with water and begins to fall when the rising heat can no longer hold the weight. This cool moist air falls through the cloud causing rain.

But, more importantly, now that there is an upward flow and a downward flow within the cloud lightning and thunder begin.

Without getting too in depth, there are positive and negative charges within a thunderstorm cloud. The positive charges are pushed toward the top of the cloud, while the negative charges fall toward the bottom. These negative charges look for something to ground on.

During a storm, the earth's surface has a positive charge and can be the perfect thing to ground to.

Cloud-to-ground lightning is what will occur in this situation, and if you are not practicing lightning safety techniques, you could be the next lightning fatality.

For more information about weather safety in the New Mexico area, contact the 49th Operations Support Squadron Weather Flight.

On the side

Tips for keeping safe during thunderstorm season:

- Watch the skies. Thunderstorm clouds start small and grow. When clouds start to form into large towers, start to plan your evacuation and employ safety measures.
- Lightning can strike up to 10 miles away. If you can hear thunder, you're probably within 10 miles. Take shelter immediately.
- If you are in the water, get out and seek shelter immediately.
- Seek shelter in a sturdy building or hardtop vehicle.
- If the above shelter is not available, find shelter in a cave, ditch or canyon. Stay away any metal or telephone poles.
- When indoors, do not take a bath or shower and do not use electrical appliances or phones. Stay away from anything that conduct electricity, even metal sinks and stoves.
- Wait at least 30 minutes after the last clasp of thunder before leaving shelter. Blue skies don't mean that the lightning threat is gone.
- If you are caught in the open and lightning is nearby or if you feel your skin tingle or your hair stand on end, the safest position to be in is crouched down on the balls of your feet. Do not allow your hands (or other body parts) to touch the ground, and keep your feet as close to one another as possible

Force development includes civilians

Career civilian employees will soon have more focused career guidance and expanded opportunities because of a new initiative taking place this summer.

Career field management is a part of force development that will align civilian and military career fields to develop leaders.

"This is a big change in Air Force civilian career management," said Gregory Den Herder, the Air Force Personnel Center's executive director. "We've realigned civilian management to provide a systematic approach to developing and sustaining the civilian workforce.

"The foundations of the new program were already in place within our civilian career program directorate," he said. "Now we've tied development, analysis and employment together."

Under the new program, all civilian positions have been assigned to a specific career field similar to military specialties. Each career field will have a career path that helps employees determine where to go or what to do to advance.

Similar to the officer corps, civilian career fields have development teams lo-

cated at the personnel center.

The new program will enhance current opportunities for civilian professional education, advanced academic degrees, broader assignment experiences and upward mobility, personnel officials said. It will also identify cross-functional paths to expose civilians to a broader scope of operational activities to prepare them for senior-leadership positions.

"The main goal is to ensure that the right employee gets to the right job with the right skills," Mr. Den Herder said. (AFPN)



The 49th Security Forces Squadron handled the following incidents from July 13 to Monday.

Tickets

Security Forces issued 12 tickets: one for no child passenger restraint, three for failure stop, one for larceny, two for no insurance, one for no registration, one for a parking violation, one for speeding 1 to 10 mph over and two for speeding 11-20 mph over the speed limit.

Patrol response

- July 14: A civilian reported an NCO accidentally got gasoline in his eyes at the mini mall. He was treated and released by the Ambulatory Response Element.

- July 15: An NCO was transported to Gerald Champion Regional Medical Center after cutting his finger.

- July 16: An Airman reported her 8-month-old wasn't breathing. She performed CPR until the ambulance arrived to transport the child to GCRMC.

- July 17: A CGO was detained for driving under the influence.

- July 19: An NCO was arrested for viewing pornography with a minor.

Property loss, damage or theft

- July 14: An Airman reported damage to a water fountain at dormitory 517.

- July 15: A civilian was detained after a witness claimed he was jumping on the goal post causing it to

collapse at Holloman Middle School.

- July 16: An Airman reported his window screen stolen from building 336, Room 330.

- July 16: An NCO driving a government-owned vehicle and towing another, jackknifed the tow trailer causing minor damage.

- July 14: A family member shoplifted a box of mixed fruit chewy mentos, a Snickers candy bar, two packs of Dragon Ball GT playing cards and three figurines removed from Marvel Hero Clix game box with an estimated total cost of \$27.67

Civil arrest

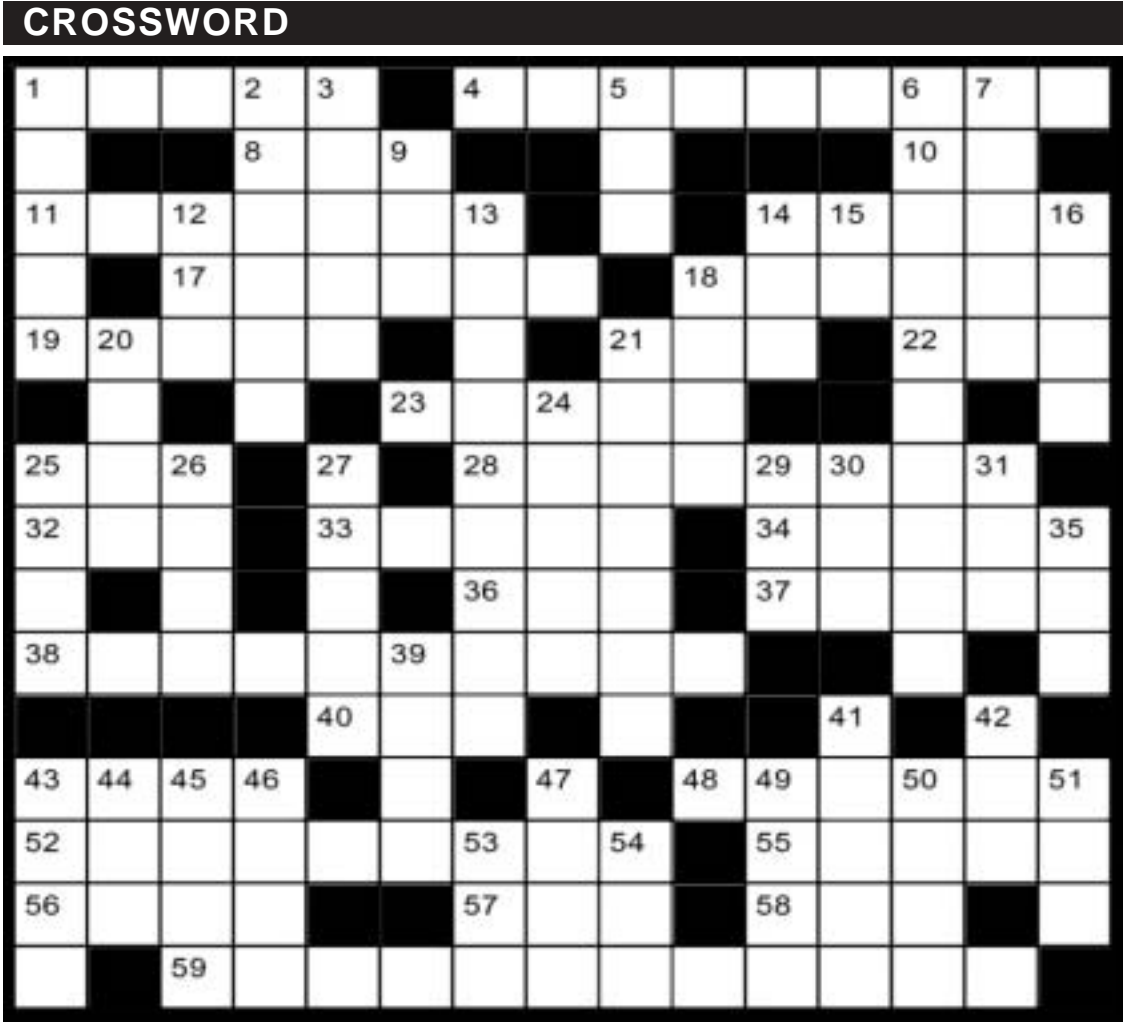
- July 16: Two Airmen were arrested for contributing to minors in Alamogordo.

- July 16: An Airman was arrested at the Las Cruces Border Patrol Checkpoint for trafficking undocumented illegal immigrants.

Lost and found

A family is missing their yellow lab, Sugar, who has been missing since July 2. She has a maroon collar. To contact the family, call 479-9612 or call security forces.

If you know of or have any information concerning any of these incidents, contact security forces at 572-7171 or your first sergeant. For the Crime Stop Help Line, please contact security forces at 572-1100 or dial "911".



Number your Air Force

- ACROSS
1. NAF headquartered at Tyndall AFB, FL

4. NAF headquartered at F.E. Warren AFB, WY

8. Questioning remarks?

10. Formulae of unique exemption, briefly

11. Giving strength

14. Authorizes, as legislation

17. Third largest island in the world

18. NAF headquartered at Barksdale AFB, LA

19. Either of two large African antelopes

21. Petty NASCAR sponsor

22. Article

23. Embattled

25. Morgue arrival, briefly

28. Paybacks

32. AF deployment code for an IDO

33. Angry

34. NAF headquartered at Shaw AFB, SC

36. 2,000 lbs

37. Key on a computer

38. NAF headquartered at Vandenberg AFB, CA

40. Towel marker

43. Iowa city

48. NAF headquartered at March AFB, CA

52. NAF headquartered at Aviano AB, Italy

55. Ascertain

56. Singing group Kingston ____

57. AF list for entry into restricted area

58. German one

59. NAF headquartered at Dobbs ARB, GA
- DOWN

1. Allegory

2. NAF headquartered at Keesler AFB, MS

3. NAF headquartered at RAF Mildenhall, England

5. Terminate

6. NAF headquartered at Scott AFB, IL

7. NAF headquartered at Carswell ARS, TX

9. Shannon, Ireland airport abbrev.

12. Lawyer's org.

13. Creates

14. Small drink

15. USAF org. concerned with complaints

16. Cast off

18. Designates diminutives

20. Despoil

21. NAF headquartered at Osan AB, Korea

24. First native-born American to be canonized

25. Homer's favorite elixir

26. Org. concerned with American rights

27. NAF headquartered at Yokota AB, Japan

29. Compass dir.

30. A type of mill?

31. Sault ____ Marie

35. Univ. degree program concerned with people

39. Ireland of old

41. Type of cabinet

42. Vehicle for off-roading

43. Movie dog

44. Former Russian orbiter

45. Leave

46. Hide away

47. Halt

49. Oil org.

50. Actor Munro of *Cop Land*

51. Female chick

53. Clear, as in money

54. Dept. run by Secretary Tom Ridge
- Answers on Page 19

Beat the heat ... hydrate

by 1st Lt. Vikki Thompson
49th Aeromedical-Dental
Squadron

We all know that dehydration can negatively impact our physical performance and overall health. Or do we? As early as 1947 the importance of hydration was making its way into the limelight. The question though is, if this research has been around for so many years, why do we continually see issues with dehydration in the Air Force, specifically with aircrews, and maintainers? As summer hits full swing, it's important to take a moment and look at why the simple act of drinking the right types of fluids can mean the difference between performing at your peak, and putting yourself at risk for heat exhaustion, heat stroke or even worse.

What is the biggest issue facing AF personnel and their ability to stay hydrated? The ops tempo, the mission, or is it some-

thing else? Is it a lack of priority during the day or possibly a combination of all of the above? Whatever the cause, people are losing their lives because of dehydration in itself or being dehydrated to the point where performance is impacted leading to a mishap.

So what do we do? Drink, drink, drink! That is easy enough, but how much? Are some choices better than others? It is hard to put a specific number on how many ounces, liters, quarts, etc. you need, but there are some tell tail signs to let you know how well hydrated you are. The symptoms of dehydration are many; thirst, dark colored urine, headache, dizziness, nausea and weakness, just to name a few. From a performance standpoint, dehydration can lead to a decreased in strength, power, cardiovascular endurance (all of which are needed for G tolerance), mental sluggishness and an overall decrease in energy and motiva-

tion. By the time these signs show themselves, you are already behind the power curve. Fluid intake for performance should be non-caffeinated and non-alcoholic. Choose fluids that will hydrate you effectively, such as water, diluted sport drinks/juices. The amount depends on you and your individual needs. How much you weigh, how much work you are doing, the temperature inside and outside are all factors to take into account. Pay close attention to symptoms that may appear. Just being thirsty is an indication that you're not drinking enough. For the jobs that we perform in the Air Force eight 8oz glasses of fluid a day is a minimum. Your requirements can exceed 12 quarts!

Bottom line, staying hydrated is one of the easiest steps we can take to make sure we're performing at an optimal level and staying safe. So drink and drink often, you'll be glad that you did!

GENERAL *Continued from Page One*

ing this war with Cold War technology."

The F/A-22 can integrate with a battlefield by communicating with command and control vehicles, satellites and other aircraft. This is a whole new way of thinking, the general said. This airframe will be able to fight and defeat any aircraft made or on the drawing board.

"The F-117A Nighthawk continues to be an important asset because it can answer any challenge at any time," General Schmidt said. "We don't see it leaving our battlefield strategy anytime soon."

Before leaving Holloman for Cannon Air Force Base, N.M., General Schmidt said he was impressed by the work Team Holloman members have done.

"Every time I've come here, I've been able to put together a positive image of the men and women of Team Holloman," he said. "I couldn't be more proud of the performance Airmen are doing. Things here are getting better. We started with a new fitness center and soon Team Holloman will have a new base exchange and a remodeled commissary.

"Holloman is not just upgrading the facilities, but it's getting a face lift," he said. "I'm proud of the team here at Holloman, and I'm very happy with the progress I've seen during my visit."



Photo by Airman 1st Class Erik Somppi

(Left) Brig. Gen. Kurt Cichowski, 49th Fighter Wing commander, greets Lt. Gen. Randall "Mark" Schmidt, 12th Air Force commander during his visit to Holloman.

A daughter's commitment, a mother's pride

Senior Airman Heather Smith, a 49th Communications Squadron member, now serving with the 332nd Expeditionary Communications Squadron at Balad Air Base in Iraq, recently sent a letter of "encouragement" to her mother Belinda back home in Lancaster, Pa.

Hi Mom,

I have a little time this morning, so I just wanted to give you some words of insight and encouragement:

First off, we view the attacks here as piddling efforts by a cowardly enemy. They aren't accurate, they aren't very efficient, and we know that they are just attempting to scare us, or wear down our morale, or make us think that we cannot fully accomplish our mission. But they could not be more wrong. We work even harder because of their efforts. Whether or not we all agree with the reasons for being here, we all perform above and beyond the call of duty.

Second, fear is not really an option. It's like lightning ... can't predict, can't control, so there's no point in worrying. My first week here, I spent a good chunk of time being scared. But, I realized that letting the enemy into my mind, letting them control my fear, means that they accomplished their mission. I'm not going to let them take away my resolve.

Yes, we are all troubled when we hear of the losses. We all feel it, we all mourn and feel a little guilty when we are glad that it was not one of our own. It is sobering and sad. But, I have yet to meet anyone here who refuses to put their life on the line. The level of optimism and strength here is amazing.

Finally, it turns out that you can get used to almost anything, with enough exposure and support from your fellow troops. When you moved to Oklahoma, you were probably a little freaked out for the first tornado or two ... but, the more you experience it, the more you understand that preparation and awareness is the best defense. I wear my gear when they direct me to do so. We follow procedures to keep us safe and vigilant. Most importantly, we work hard to help those planes take off with their cargo, be it supplies or personnel or bombs or the wounded.

We say, everyday ... don't let them get you down ... and live by this rule.

The folks back home should do the same. The moment you give over control to these insurgents, the moment you let them make you weep for our safety,

you let them win. The goal of insurgents is quite simple: fear, fear and fear. They are not strategic, they are not fighting for great causes of freedom or the release of oppression. They are cowards themselves. Do not let them make Americans cowards.

I love you. Stay strong, and give my love to all the families who have to do the same.

Love you lots, miss you.

Heather

After getting this letter, Belinda Smith, wrote about her pride in her daughter who is following in the footsteps of her military family.

When Heather called me on my cell phone to tell me their base had been attacked by a rocket and some of the troops stationed there had been killed and many injured, I tried my best to stand tall and brave and not cry and voice my fears on the phone as she assured me she and all in her group were fine. But when we hung up with lots of "I love yous," my knees began to shake and the tears started to pour down my face. I was so happy and relieved that she was safe, near a phone and could call by permission of her commanding officers—and yet so very sad for the other parents and family members that would soon receive the news that their loved one had given the ultimate sacrifice to preserve freedom in the world.

Heather is serving in the footsteps of her father, retired Tech. Sgt. Stanley W. Smith, who also served in the Communication Squadron in the U.S. Air Force for 20 years. He passed away in 1996, three years after he retired. Her grandfather, my father, Rev. W. Harold Willard, served in the Army Air Corps in the same squadron during World War II and is now deceased also.

Her dad's father, Bobby Smith, served on a Navy ship in a communication squadron during World War II. He was severely injured and honorably medically discharged. He is also deceased. All of my father's three brothers and one sister served in World War II, and one of his brothers was a prisoner



Photo by retired Air Force Senior Master Sgt. Bud Schroll

Letters between Senior Airman Heather Smith, a 49th Communications Squadron member, and her mother, Belinda Smith, reflect Heather's commitment to the mission in Iraq and Belinda's pride in her daughter.

of war in Germany for almost a year before he was returned home.

This family has a long standing family tradition of service to our country and I could not be more proud of Heather's contribution to stand and serve.

Heather enlisted in 2000 while she was attending Virginia Commonwealth University in Richmond, Va., where she was studying to become a writer, her life-long dream. But she felt that she could learn to be writer any time and that her country needed her, and I supported and still support with all my heart her desire to serve.

She is now stationed at Holloman's 49th Communication Squadron. This tour to Iraq is her third deployment in her first four years of enlistment. She spent three months at Al Udeid Air Base in Qatar, eight months at Ganci Air Base in Kyrgyzstan and has been in Iraq since mid-May.

Heather has served to support both Operation Enduring Freedom and now Operation Iraqi Freedom. She has received an achievement medal, two outstanding unit with valor ribbons and letters of appreciation for the excellent job she does for the Air Force. She voluntarily extended her enlistment to serve in Iraq, as she was due get out of the Air Force in September of this year.

She stated to me, "Mom, I signed up for the full four years to do my duty, and these are my 'guys' and they need me to go with them."

A mother can't argue with those words of dedication and self sacrifice. She is serving a short time at this deployment site, and will return stateside and then home here to Lancaster County to be pampered and hugged by us all. She says she plans to join the Air National Guard.

I am so grateful for the support of family, friends, coworkers, and community neighbors and even sometimes strangers. I am so proud to be a Blue Star Mom and proudly wear a parent support pin given to me by the Air Force. My yard and car are decked out with a U.S. Air Force flag, an American flag and a Blue Star flag and I am a true American "flag waver."

I was driving to work one day and stopped at a stoplight, when a lady came up and knocked on my window. I thought I had a flat tire or a turn signal was out, but when I rolled down the window, she said, "I saw your sticker that says your daughter is in the Air Force and your Blue Star flag and I wanted to tell you how much I appreciate the job your daughter is doing for her country. Tell her she's in our prayers."

German, U.S. Air Force EOD teams exercise

by Staff Sgt.
Dominik Junghanss
German air force EOD

July 13, an explosive day for those people who had the chance to watch the Explosive Ordnance Disposal in business. What does “EOD” actually mean? EOD stands for Explosive Ordnance Disposal and in the German language, “Kampfmittelbeseitigung.”

The day started early for the demolition squad. After they had picked up their explosives, they went to the munitions area to blow up everything in sight (just kidding). The place for this special event is near the High Speed Test-Track.

Throughout the program, the visitors could see how difficult it is to be a part of the EOD Group. After a short briefing on safety precaution the demonstration started at 8:30 a.m.

One part of the German demonstration was to show how dangerous it is if less than 1-gram of detonating charge explodes in your hand. This was demonstrated on a pig’s foot, in comparison to a human hand. We

were also shown what happens if an igniter explodes in the hand.

After four series of experiments and five hours later, it was time to show what the Americans had to offer. The U.S. Air Force came with a huge truck of unusable munitions and used more than thirteen times the amount of explosives the German air force did. Let me tell you, 562.5 ounces of malleable explosives leaves a huge hole in the ground! And you wouldn’t believe the amount of smoked which filled the air! A few seconds later we felt the incredible shockwave from the explosion and at that moment everyone knew what it is like to be an ammo guy.

The Germans and Americans hope that the visitors enjoyed the day and gained a bit of knowledge from the demonstrations.

The German EOD appreciates the outstanding teamwork with the U.S. Air force and hopes that we can trade some skills and accomplishments together in the future. (IYAAAYAS)



Photos by German air force Staff Sgt. Dominik Junghanss

During the German and U.S. Air Force Explosive Ordnance Disposal teams exercise, the teams exploded 562.5 ounces of explosives July 13 at Holloman’s munition area.



Some of the German and U.S. Air Force Explosive Ordnance Disposal teams and a few visitors pose for a photo after a joint exercise July 13.



Smoke rises 300 feet above the horizon during a German and U.S. Air Force Explosive Ordnance Disposal team exercise.



Senior Airman Brian Pop, 49th Aircraft Maintenance Squadron, participated in the 13th Annual Ride to Work Day Wednesday. He practices on the slow speed maneuver course at the Desert Lanes Bowling Center.

Photos by Senior Airman Martha Whipple

Bikers back safety

by Senior Airman Martha Whipple
49th Fighter Wing Public Affairs

About a dozen Team Holloman bikers gathered Wednesday for the 13th Annual Ride to Work Day.

The riders practiced slow-speed maneuvers including S-turns, U-turns and weaves at the Desert Lanes Bowling Center parking lot.

According to Mr. Mark Sprayberry, wing safety representative, the maneuver course helps fine tune their skills and promote safety.

The motorcyclists also rode to Cloudcroft for lunch and finished the day with a Show and Shine to brag about their bikes.



A group of Holloman bikers prepare to take a ride to Cloudcroft for lunch during the 13th Annual Ride to Work Day Wednesday.



Airman 1st Class Jerimiah Hall, 8th Aircraft Maintenance Unit, participates in the Show and Shine.



Mr. Mark Sprayberry, 49th Fighter Wing Safety Office, leads the pack during the ride to Cloudcroft.



Staff Sgt. Ron Denson, 49th Maintenance Squadron, negotiates the S-curve at the slow-speed maneuver course during the 13th Annual Ride to Work Day Wednesday in the parking lot at the Desert Lanes Bowling Center.

- Protestant Sunday School, 9:30 a.m., and Catholic Religious Education, 10:45 a.m. at Holloman Intermediate School.

What’s going on in the Tularosa Basin and beyond...

Molly Sweeney

Lo-Fi productions presents “Molly Sweeney” at 8 p.m., today and Saturday at the Southwest Fitness Center, 1309 East Foster Rd. and Solano Drive, Las Cruces. Cost is \$5 per person.

For more information, call (505) 640-3496.

White Sands

This week at White Sands National Monument:

- Today: 7 p.m., Sunset Stroll Nature Walk; 8:30 p.m., Evening Program: “The Land in Motion: Life and Death in the Sand Dunes of North America”
- Saturday: 7 p.m., Sunset Stroll Nature Walk; 8:30 p.m., Evening Program: “Stalking the African Oryx: Exotic Animals on Our Public Lands”

Keystone news

Holloman’s Keystone Club has a Summer Youth Olympics July 31 at the Fitness and Sports Center. The event is a joint project with the Boys and Girls Club of America and Nickelodeon to tackle the issue of youth obesity.

The event will have an opening ceremony and an awards banquet and a National Kids Day will be 1 to 4 p.m. Olympic competitions include track and field, swimming, gymnastics, BMX racing, skateboarding and much more.

Youth can sign up for the Olympics at the Youth and Teen Center by July 24. The Keystone Club also needs volunteers for judging, setup, and activities.

For information, call Ms. Matrice Adger at 921-2231 or Mr. Dan Salinas at 572-3753.

Pageants

The Miss Alamogordo/Miss Otero County Pageant is 7:30 p.m., Saturday.

For more information, call the Flickinger Center at 437-2202.

Dream, the Musical

“Dream, the Musical” is showing at 2 and 8 p.m., July 31

at the Spencer theater. The show is the musical retelling of William Shakespeare’s “A Midsummer Night’s Dream.” Tickets to the 2 p.m. matinee are \$36 and \$39. Tickets for the 8 p.m. performance are \$42 and \$45

For more information, call the theater at (505) 336-4800 or go to *www.spencer theater.com*.

Fort Stanton Live

Fort Stanton Live is from 10 a.m. to 5 p.m., August 14 in Fort Stanton, N.M. There will be storytellers, Apache dancers and military re-enactors. Musical performances are from 2 to 5 p.m.

For more information, call the Ft. Stanton Chamber of Commerce at (505) 257-7395 or visit *www.fortstanton.com*.

Shooting match

The Otero Practical Shooting Association has a Practical Shooting Match at 9 a.m., Sunday at the Sydney Paul Gordon Shooting Range in La Luz. Sign up is at 8:30 a.m. The match is open to the public. Match participants will need a centerfire handgun of 9mm/38 or larger, holster, and spare magazines or speedloaders. Approximately 100 pistol rounds will be required.

For more information, call Mr. Butch Rials at 437-3663.

Cub Scouts

Register now for Cub Scouts Pack 124’s 2004-2005 school year.

Boys in first- through fifth-grades are eligible.

For more information, call Mr. Rich Ewers, Cubmaster, at 479-9744 or Christopher Luke, Assistant Cubmaster, at 491-8411.

Techno expo

The Alamogordo Public School hosts the annual Technology ReBoot Camp from 8 a.m. to 4 p.m., August 2 to 5 at Mountain View Middle School, 300 South Canyon Rd.

For more information, call 439-3270 extension 151.

Victim Advocate Program begins at Holloman

by **Laura Pellegrino**
Sunburst staff writer

To help battle the issues of domestic violence, Family Advocacy has started a new program to assist victims of abuse.

The Victim Advocate Program, started in April, gives a voice to victims of domestic violence.

“Holloman has a high incident of spouse maltreatment which has steadily risen since 2001,” said Capt. Theresa Baptiste, Family Advocacy element chief. “Victims often feel that the military sides with the active-duty member and covers up his or her misconduct.”

The base’s two victim advocates, Ms. Marie Carmen Trujillo and Ms. Terri Rader, provide 100-percent support to the victim, whether they are active-duty or civilian, Captain Baptiste said.

“The victim advocate automatically responds to all domestic violence incidents, giving the victim the right to refuse or accept services,” she said. “This program takes the pressure of decision making out of the hands of the victim along with fear of continued intimidation or retaliation from the offender.”

Ms. Trujillo, victim advocate, said

she gives information and options to victims of domestic violence.

“We’re not here to tell them to leave the relationship,” she said. “We’re here to hopefully teach them a better way of living; without violence in the home.”

If the victim decides to go back to the relationship, the victim advocate will support that decision, she said. She will help that person develop a safety plan in case the abuse starts again.

“It’s important that they make their own decisions so they’ll stick with it,” Ms. Trujillo said.

On the other hand, if the victim decides to leave, the victim advocate will assist her with anything from getting a restraining order to finding transportation back to her family.

Ms. Trujillo currently has 28 open domestic violence cases.

“I think it’s very rewarding to help people take control of their own lives,” she said. “Domestic violence is about power and control. And just to have someone back you up and say, ‘It’s not your fault’ really give them confidence. The perpetrator makes the decision to hit or verbally abuse someone. It’s not the victim’s fault.”

According to Captain Baptiste, it is Family Advocacy’s goal that the victim advocate program, along with other prevention programs, will stop the rise of domestic violence at Holloman.

“It’s our vision that knowledge of the victim advocate program will prevent reoccurring violence in the home and break this ugly secret,” Captain Baptiste said.

Holloman is one of six Air Force bases to serve as a test site for the victim advocate pilot program.

For more information, call 572-3633.



<http://news.bbc.co.uk>

Domestic Violence Victim Advocate

Phone
572-3633

Pager
572-7243 #1316

Fax
572-2126



Photo by Ms. Laura Pellegrino

Men at work

Mr. Martin Jaramillo (left) and Mr. Tacho Sanchez are part of the Cooley Construction team renovating Holloman’s Oasis Enlisted Club. J.R. Rockers Sports Cafe is a \$1 million project scheduled to be complete in September. Construction includes the demolition of the Wright Brothers and Pizzeria Dining areas and the Sports Bar.

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Photo by Tech. Sgt. Mark Diamond

Left to right: Capt. Wayne Yong, Mr. Ed Goreczny, Dr. Carol Belt and Tech. Sgt. Eric Wells take a ride here July 16 to prepare for the Des Moines Register's Annual Great Bicycle Ride Across Iowa. The cyclists will join more than 100 other Air Force riders for the seven-day, nearly 500-mile ride July 25 to 31.

Air Force cyclists continue cycling legacy for 10th year

by Ms. Cynthia Bauer
Air Mobility Command

For the 10th year, Air Force cyclists will take to their bikes for the Des Moines Register's Annual Great Bike Ride Across Iowa. The RAGBRAI XXXII ride takes place July 25 to 31, covering about 500 miles through the middle of the state.

The "Team Air Force" legacy began in 1995 when a group of 28 active-duty Air Force bicycling enthusiasts and a support crew of three from the 343rd Recruiting Squadron at Offutt Air Force Base, Neb., formed a team to bolster recruiting numbers in Iowa.

The original group of Air Force cyclists grew in numbers, and in 1997, the team became a private organization officially recognized by the Air Force as well as the Internal Revenue Service.

In 1998, the team comprised 80 riders and 20 support crew. The team also received support "from the top," when avid cyclist and then-Secretary of the Air Force Dr. Sheila Widnall rode with the team for five years

beginning in 1995. The support continued with former-Air Force Secretary Whit Peters, Dr. Widnall's successor, who rode with the team in 2000.

"One of the precepts of our team is that we are all recruiters," said retired Lt. Col. Stu Carter who has ridden in eight of the nine past rides. "We set a positive image all week long — on and off the bike — and talk to people about the Air Force and what we do in the Air Force."

The first year, the team recruited 11 Iowans as a result of the ride. Research commissioned by the secretaries of the Air Force shows the team has recruited dozens of people in the following years. Colonel Carter said, the team is responsible for two-dozen or more Air Force recruits each year as a direct result of participation in the ride.

"I could go on for days about the stupendous return on investment for the Air Force. Every team member pays his or her own way. Each brings a passion for the Air Force and cycling, each has his or her own equipment, volunteers time to talk to hundreds of people all week long,

pays for transportation expenses, food, lodging, etc.," Colonel Carter said. "And, each person asks for nothing in return."

Col. Bob Norman, director of command and control for the Tanker Airlift Control Center here, currently leads the 100-plus-person Team Air Force and a support crew of about 40.

Air Force Recruiting Service supports the team by arranging for permissive temporary-duty status for those eligible and providing small promotional items to give to others throughout the ride. Recruiters also take advantage of the ride by setting up displays at the overnight stops.

This year, Brig. Gen. Robertus C.N. Remkes, AFRS commander, will lead the team on the first day of the ride from Onawa to Lake View. This route is rated one of the easiest yet most challenging stretches of the ride, with a total elevation climb of 2,685 feet in 69 miles.

The ride covers about 490 miles through the middle of Iowa; an optional loop adds another 24 miles. The event officially registers 8,500 riders for the full week.



Courtesy photo

First Lt. James Parker, an Air Force world-class athlete from Malmstrom Air Force Base, Mont., earned a spot on the U.S. Olympic track and field team July 12 with a hammer throw of 254 feet, 6 inches.

Airman earns spot on the Olympic team

by Tech. Sgt. J.C. Woodring
Air Force Print News

First Lt. James Parker, an Air Force world-class athlete from Malmstrom Air Force Base, Mont., earned a spot on the U.S. Olympic track and field team July 12 with a hammer throw of 254 feet, 6 inches.

“I came into the Air Force to serve my country,” said Lieutenant Parker, who has been throwing the hammer for 10 years. “To represent the Air Force and the country on the athletic side is ... the biggest honor of my life.”

In the preliminaries of the U.S. Olympic track and field trials in Sacramento, Calif., on July 10, each of the 24 competitors was allowed three throws to determine advancement to the finals. People who throw farther than 236-3 are automatically qualified for the finals.

Lieutenant Parker said he had a “mental edge” on the other athletes going into the competition because he had farther

marks than the others and was favored to make the team.

He said he also felt a lot of pressure because he witnessed several other favored athletes not make the team.

“On the day, you never know what will happen,” Lieutenant Parker said. “It really was a nerve-racking situation.”

As the last competitor to throw in the first round, Lieutenant Parker stepped into the circle and tossed a 240-3, the longest throw of the day. He then sat back and analyzed his competition for the finals.

In the first round of the finals, the lieutenant established the benchmark of 245-1 on his first throw and increased it to 251-4 on his final throw of the round.

During the final round, Lieutenant Parker tossed his best throw of the day, 254-6. Winning this event and his 259-10 throw during a meet at Brigham Young University on June 26 placed Lieutenant Parker on this year’s Olympic team. (*AFPN*)



Photo by Senior Airman Martha Whipple

The Holloman Hero submission form is available online. It can be downloaded at:
https://wwwmil.holloman.af.mil/wing/49FW_PA/internal.html

Holloman Hero

Senior Airman Ronnie Lambert

49th Materiel Maintenance Squadron

Duty title: Structural maintenance journeyman

Time in service: 4 years, 4 months

Time at Holloman: 1 year, 9 months

Hometown: Little Rock, Ark.

Personal and Career goals: I'd like to make a career in the Air Force (at least 20 years) and would like to earn a degree in musical education to become a teacher.

What new idea would you implement base-wide to help prevent drinking and driving?

I would create more establishments on base with hours of operation similar to what you find downtown. Not having to leave base combined with the 572-RIDE program would greatly reduce DUIs, in my opinion.

What accomplishment during your Air Force career are you most proud of?

I am most proud of my deployment to Baghdad, Iraq during the last phase of the ground war. As part of a BEAR Base team, I assisted in the beddown of more than 1,300 troops and also provided a dining facility and recreation for the troops of the AOR. My ability to con-

tribute to my fellow comrades instilled in me a great sense of pride.

Core value portrayed: "Excellence in all we do"

Ronnie lives the core value "Excellence in all we do." It's easy to excel in just one task here and there, but to consistently perform at a high level in everything he does also takes a high level of commitment.

He showed his dedication during 49th Materiel Maintenance Group's deployment to the Air Mobility Warfare Center to kick off the very first Eagle Flag exercise.

Ronnie instructed hundreds of people on the erection of the Small Shelter System for a 550-person camp. He energized his crews with his personal motto of doing the job right the first time, every time. The first Eagle Flag was a big success, in part because of Ronnie's contribution.

– **Lt. Col. Myron Majors**
49th MMS commander

